

# Mugg and Bean Recipes

## VEGETARIAN PASTA BAKE AND SALAD.

R25.50

### **INGREDIENTS:**

This product is purchased pre-made from SINCLAIRS in Johannesburg or GASTRO FOODS in Cape Town. See home made recipe in GENERAL RECIPES

1 Side salad  
100 ml white sauce.  
100 ml Salsa

### **METHOD**

- Place veg bake into 400 ml pie dish.
- Spoon salsa over the bake.
- Top with a white sauce.
- Heat in microwave for +/- 10 min.
- When hot through place under the salamander with cheddar cheese & salsa on top. Bake until color forms.

### **SERVING METHOD**

- Serve on a board.
- Serve with a side salad on the board.
- Garnish with parsley.





# Mugg and Bean Recipes

## CHICKEN AND MUSHROOM POT PIE

R25.50

### Ingredients

This product is purchased pre-made from SINCLAIRS in Johannesburg or GASTRO FOODS in Cape Town.

**See recipe for details on in house cooking method.**

1 Side salad

### Method

- Place chicken pie mix into 400 ml pie dish.
- Cover with puff pastry & brush with egg wash.
- Place in microwave for +/- 10 minutes.

### Plating method

- Serve on a board.
- Serve with a side salad.

Garnish with parsley. (See photo for details)



# Mugg and Bean Recipes

## SANTE FE STEAK SANDWICH

R35.50

### Ingredients

1	Nino roll
2x100g	Fillet steaks
150g	New spicy potato
	Tomato
	Lettuce
	Fried onions
	Salsa sauce
	Guacamole

### Method

- Grill fillet to customer liking
- Toast the nino roll on both sides
- Place lettuce tomato and onion on the base of the nino roll
- Then place the fillet on top of the garnish
- Top the fillet with salsa sauce
- Put top of the nino roll on and put a skewer through the middle with a cocktail tomato.
- Put guacamole in a 100 ml ramekin.
- Place fried onions on top of the herb potatoes.

### Garnish

Garnish with a tomato & lemon wedge. Sprinkle with chopped parsley. A whole jalopino



# Mugg and Bean Recipes

## SOUP AND SANDWICH

**24.50**

### INGREDIENTS FOR SOUP

This product is purchased pre-made

### INGREDIENTS FOR LAMB SANDWICH

1	Slice of whole wheat bread	
100g	Sliced roast lamb	
50g	Chopped cucumber- mixed with yogurt and branston pickle	

### METHOD

Butter whole wheat bread and garnish with lettuce, tomato and onion. Top with lamb and strips of pickled cucumber.

### SERVING METHOD

- The soup must be heated in a pan or microwave.
- Place the soup in the giant soup mug.
- Place the soup mug and sandwich on a board.

Garnish with parsley and a tomato wedge. (See photo for detail)



# Mugg and Bean Recipes

## CHICKEN AND CORN FLAP JACKS

R24.00

### INGREDIENTS

2X Flap jacks  
1 Grilled chicken breast  
30g Corn (tinned no sauce)  
50g Onion marmalade  
40 ml Sour cream

### METHOD

- Grill chicken breast on flattop lightly spicing it.
- Cook two flapjacks.

### PLATTING METHOD

- Put the two flapjacks overlapping each other
- Place the grilled chicken breast onto the flap jacks
- Spoon on some onion marmalade topped with sour cream.

Garnish with chopped spring onions, a wedge of tomato, a lemon wedge and a whole jalapeno chili. (See photo for more details)



# Mugg and Bean Recipes

## BURGUNDY BEEF PIE

R29.50

### Ingredients

The product is purchased pre-made from Sinclair's in Johannesburg and Gastro foods in Cape Town. See home made recipe in GENERAL RECIPES.

- Side salad
- Mash
- Dried onions (flavor dimensions)

### Method

- Place 150g of Burgundy beef mix into a 400 ml pie dish.
- Top the beef with mash.
- Heat in oven for +/-10 min
- Sprinkle with dried onions and bake under salamander for color.

### Serving & garnish

- Serve on a board with a side salad.
- Garnish with parsley.



# Mugg and Bean Recipes

## FRENCHIES COLD CUTS AND CHEESE PLATTER

R29.50

### INGREDIENTS

50g Roast beef  
50g Roast lamb  
50g Pastrami  
30g Emmantalle cheese  
30g Camembert wedge  
Dill cucumber  
Lettuce, tomato, onion

### METHOD

Arrange meat and cheese on a board as per photo. Garnish with a tomato wedge and parsley.



# Mugg and Bean Recipes

## BEEF AND CHICKEN POCKETS R25.50

### Ingredients

1&1/2	Pita breads
50g	Chicken strips
50g	Beef strips
	Chopped lettuce, tomato and onion
100 ml	Sour cream
150 ml	Salsa
100 ml	Guacamole

### Method

- Slice pita in half (3 halves)
- Toast pita
- Fill each half with chopped lettuce, tomato and onion mix
- Grill chicken and beef on flat top (lightly spiced).
- DO NOT OVER COOK THE MEAT
- Fill the pockets with the chicken and beef mix.
- Spoon hot salsa over each pocket (not too much)
- Just before service put a spoon of sour cream on top of each pita.
- Place a ramekin of guacamole on the side.

**USE A HOT PLATE!**

Garnish with a lemon and tomato wedge and some chopped parsley sprinkled over dish.



# Mugg and Bean Recipes

## TWO SAUSAGE PICKLE PLATTER

R28.50

### Ingredients

1 Bock worst  
1 Veal sausage  
60g sauerkraut  
80g Potato salad  
Lettuce, tomato, onion and cucumber pickle.  
1 American mustard

### Method

- Cut sausages into thick slices at a diagonal.
- Grill on the flat top.
- Heat up sauerkraut in microwave.
- Assemble on the plate as per photo.
- Add a dollop of American mustard on the side.

### Platting & garnishing



# Mugg and Bean Recipes

## BEEF AND VEGETABLE KEBAB

27.50

### Ingredients

200g	Marinated rump
2	Big black mushrooms (grilled with butter)
2	Baby marrows (sliced into large pieces)
2	Onions chopped into large cubes
100 ml	Portion of grilled potatoes
	Salsa

### Method

- Thread the meat, onion and baby marrow onto the skewers.
- Four pieces of meat per skewer. 25g
- Grill to customers liking.
- Grill the black mushrooms (using butter and spices)
- Grill herb potatoes.
- Spoon salsa on the plat first.

**USE A HOT PLATE!**

Garnish with chopped spring onion and green peppers.



# Mugg and Bean

## Recipes

### PHILADELPHIA BEEF DUNKER

R33.00

#### Ingredients

1	Nino roll
130g	Roast beef
80g	Herb potatoes
150 ml	Gravy (powder from flavor dimensions)
	Cocktail tomatoes, lettuce,
1tbl	Piccalilli
	American Mustard
	Dill cucumbers

#### Method

- Slice nino roll and butter.
- Spread roll with the American mustard and piccalilli
- Place roast beef on the roll & top with lettuce & onions.
- Slice into 4
- Pour gravy into a glass ramekin. (75mm stacking bowl)

Garnish with Cocktail tomatoes and dill cucumbers as per photo.  
Plate on large plate.



